






Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST MONDAY – FRIDAY 8:00 – 9:30 AM Members: \$4.00 Non-Members:\$5.00 <u>++Class size is limited</u> <u>preregistration is required</u> <u>with the Senior Center prior</u> <u>to taking class.</u>	1 8:00 Meditation 8:30 Zumba Gold ++ ** 8:30 Footcare Screening 8:45 Yoga/Stretch 9:00 Yuanji Dance# 10:00 Creative Writing 10:00 HULA*** 10:00 FISA – Yoga 11:00 New Life Line Dance# 12:45 Fremontaires 1:00 Los Amigos 1:00 Karaoke Dance # 1:00 Needlecrafts 1:00 Bridge 2:00 Ping Pong 3:00 Tai Chi, D. Louie	2 8:15 Tai Chi-D Louie 8:15 Senior Fitness 8:15 Cholesterol Ck (Appt) 9-3 W.O.W Van 10:00 Current Events Discussion 10:30 Taiwanese/Japanese Karaoke# 11:00 BINGO! 12:00 Mah Jongg 1:30 Drawing & Acrylic Painting– A.Martinez 3:30 Yoga w/Nancy (don) 7:00 pm Woodcarvers	3 8:30-1 Blood Pressure Ck 9–3 Chinese Club Mah Jongg** 9:30 Yoga/Stretch 1:00 HICAP Health Insur. Counseling (Appt.) 1:30 American Sign Language Class++ 2:00 Sr. Center Singers Dance, \$5 with <i>USS Hornet Band</i>	4 8:15 Senior Fitness 8:30 Walk This Way 9:00 Yuanji Dance 9:30 Chinese Calligraphy 9:30 Tai Chi for Arthritis +++ 10:00 Hearing Aid Specialist Screening (appt) 11:00 Let’s Keep It Moving+++ 11:00 New Life Line Dance# 1:00 Needlecrafts 1:00 Bridge 1:00 Karaoke Dance# 1:00 Garden Club Mtg 2:00 Ping Pong 3:00 Tai Chi
7 8:15 Tai Chi 9:00 Quilters Workshop 10:00 Legal Assistance for Seniors (appt) 10- 12 Drop-In Caregiver Counselor 10:00 Harmonica (Carlton Plaza) 11:00 BINGO! 12:45 Spanish Immersion 2:45 Beg. Zumba Gold++** 3:00 Chair Yoga (don) 3:45 Zumba Gold ++ ** 3:45 Drop-In Hand-Held Electronics Help	8 8:00 Meditation 8:30 Zumba Gold++** 8:30-1 Blood Pressure Ck 8:45 Yoga/Stretch 9:00 Yuanji Dance# 10:00 HULA*** 10:00 Creative Writing 10:00 Caregiver Support Grp 10:00 INSAF (Indo-Amer Sr.) 11:00 New Life Line Dance# 12:45 Fremontaires 1:00 Needlecrafts 1:00 Legal Assist for Srs (appt) 1:00 Bridge 1:00 Karaoke Dance# 2:00 Ping Pong 3:00 East Indian Seniors 3:00 Tai Chi (canceled) 3:00 Linda Olla’s Retirement Party	9 8:15 Tai Chi 8:15 Senior Fitness 10:00 Current Events Discussion (Lobby) 10:00 Family CAREGIVERS Workshop: Surviving the Holidays ++ 10:30 Taiwanese/Japanese Karaoke# 11:00 Afghan Women 11:00 Meet the Senior Commissioners (lobby) 10-3 Mah Jongg 1:30 Drawing & Acrylic Painting– A. Martinez 3:30 Yoga w/ Nancy (don) 3:45 Drop-In Hand-Held Electronics Help 7:00 pm Woodcarvers	10 8:30-1 Blood Pressure Ck 9- 3 Chinese Club Mah Jongg** 9:00 Clipper Card Wkshp 9:30 Yoga/Stretch 10:00 Estate Planning (appt) 11:00 Presentation on TIPS, TRICKS, and TECHNOLOGY for living at HOME for a LIFETIME++ 1:30 American Sign Language Class 2:00 Sr. Center Singers Dance, \$5 with <i>“Canyon Band”</i>	11 8:15 Senior Fitness 8:30 Walk This Way 9:00 Yuanji Dance# 9:30 Chinese Calligraphy 9:30 Tai Chi for Arthritis+++ 11:00 Let’s Keep It Moving+++ 11:00 New Life Line Dance# 1:00 Karaoke Dance# 1:00 BIRTHDAY PARTY! Entertainment by Prince of Peace Handbell Choir 1:00 Needlecrafts 1:00 Bridge 2:00 Ping Pong 3:00 Tai Chi
14 8:15 Tai Chi 8:15 Barber (Men Only) (appt/fee) 9:00 Quilters Workshop 10:00 Harmonica(Carlton Plaza) 10:00 Lady’s Hairdresser (appt/fee) 12:45 Spanish Immersion 2:45 Beg. Zumba Gold +++ 1:00 HICAP Health Insur. Counseling (Appt) 3:00 Chair Yoga (donation) 3:45 Zumba Gold +++ 3:45 Drop-In Hand-Held Electronics Help	15 8:00 Meditation 8:30 Zumba Gold ++ ** 8:45 Yoga/Stretch 9:00 Yuanji Dance# 8:30-1 Blood Pressure Ck 10:00 Creative Writing 10:00 FISA - Yoga 10:00 Hula*** 11:00 New Life Line Dance# 12:45 Fremontaires 1:00 Needlecrafts 1:00 Karaoke Dance# 1:00 Bridge 2:00 Ping Pong 3:00 Tai Chi, D Louie	16 8:15 Tai Chi w/ D Louie 8:15 Senior Fitness 10:00 Current Events Discussion 10:00 Diabetes Talk ++ 10:30 Taiwanese/Japanese Karaoke# 10:30 Cultura y Bienestar Social Group (Spanish) 11:00 Bingo! 11:00 Meet the Senior Citizens Commissioners (Table in Lobby) 12:15 Mah Jongg 1:30 Drawing & Acrylic Painting– A. Martinez 3:30 Yoga w/ Nancy (don) 3:45 Drop-In Hand-Held Electronics Help	17 8:30-1 Blood Pressure Ck 9- 3 Chinese Club Mah Jongg** 9:30 Yoga/Stretch 10:45 Book Club Mtg (Canceled) 1:00 HICAP Health Insur. Counseling (Appt.) 1:30 American Sign Language Class ++ 2:00 Sr. Center Singers Dance, \$5 with <i>“Craig Pexton & Steve Sandness”</i>	18 8:15 Senior Fitness 8:30 Walk This Way 9:00 Yuanji Dance# 9:30 Chinese Calligraphy 9:30 Tai Chi for Arthritis+++ 9:30 Senior Commission Mtg 11:00 Let’s Keep It Moving+++ 11:00 New Life Line Dance# 12:00 Holiday Lunch 1:00 Karaoke Dance# 1:00 Needlecrafts 1:00 Bridge 2:00 Ping Pong 3:00 Tai Chi
21 8:15 Tai Chi 8:15 Barber (Men Only) (appt/fee) 9:00 Santa Breakfast (bring your grandchildren, etc.) 9:00 Quilters Workshop 10:00 Harmonica (Carlton Plaza) 11:00 BINGO! 12:45 Spanish Immersion 1:00 HICAP Health Insur. Counseling (Appt.) 3:00 Chair Yoga (don) 3:45 Drop-In Hand-Held Electronics Help canceled NO CLASSES IN FREMONT COMMUNITY CENTER NO Zumba	22 8:00 Meditation 8:45 Yoga/Stretch 10:00 Creative Writing 10:00 Caregiver Support Grp 10:00 Hula*** 10:00 INSAF (Indo-Amer Sr.) 12:45 Fremontaires 1:00 Needlecrafts 1:00 Bridge 2:00 Ping Pong 3:00 East Indian Seniors 3:00 Tai Chi, D Louie NO CLASSES IN FREMONT COMMUNITY CENTER NO Zumba	23 8:15 Tai Chi w/ D Louie 8:15 Senior Fitness 10:00 Current Events Discussion 11:00 Afghan Women 12:15 Mah Jongg 1:30 Drawing & Acrylic Painting– A. Martinez 3:30 Yoga w/ Nancy (don) 3:45 Drop-In Hand-Held Electronics Help canceled NO CLASSES IN FREMONT COMMUNITY CENTER	24 SENIOR CENTER CLOSED CHRISTMAS EVE 	25 SENIOR CENTER CLOSED CHRISTMAS DAY 
28 SENIOR CENTER CLOSED (HOLIDAY BREAK) 	29 SENIOR CENTER CLOSED (HOLIDAY BREAK) 	30 SENIOR CENTER CLOSED (HOLIDAY BREAK) 	31 SENIOR CENTER CLOSED NEW YEARS EVE 	1 SENIOR CENTER CLOSED NEW YEARS DAY 